

Peterborough Disability Forum

NewsLink June 2017

Inspire Peterborough: Improving the city's health and well-being with Oak Activities



Inspire Peterborough recently received a well-earned extension to the Sport England funding programme which started back in 2013. Some of the new funding will help deliver exercise/seated exercise classes to people with disabilities, long term health issues and older people.

Just a few short weeks ago Inspire Peterborough posted on Facebook asking if there were Care Homes (or similar) or community groups who would like to benefit from gentle exercise/keep fit sessions to get in touch. The response was overwhelming, poor Nikki from Inspire was swamped with requests for classes.

To ensure all the sessions can be delivered, Inspire Peterborough have teamed up with Health & Well-being/Activities/Fitness experts-Oak Activities.

Nikki Griffiths, Inspire Programme Manager explains "To be honest we were geared up for delivering 3 or 4 sessions a week but we have been inundated with requests from groups asking for sessions. We are now up to 30 sessions a week in various Care Homes and Clubs. We work with Tom already on several different programmes and it made sense for us to join forces."



Tom added, "There is obviously a need for classes such as these. Poor health and well-being has long been a concern and financial drain. Our classes are delivered in a safe and social environment, all tailored to fit with client's needs, ability & disability, delivered in a fun but focussed way by empathetic instructors who work with children and older

people as well as vulnerable and disabled groups.

The sessions are **FREE** or at very little cost and the aims are to improve fitness. The classes are social, affordable, inclusive and accessible."

If you want more information on the classes, please contact Tom:

tom.milner@oakactivities.com

Disabilities champion is the new Civic Mayor

Congratulations to two of Peterborough's hardest working and longest serving Councillors

Well done to Werrington Councillors John and Judy Fox who were recently installed as Mayor and Mayoress of Peterborough. Both have been tireless champions for local good causes and supporting disabled people in the city.

Until 2014 John and Judy helped run the very successful Rudolf Fund. The



Cllrs John and Judy Fox with Rudolf Supporters

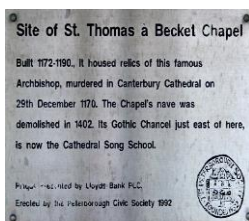
Rudolf Fund helped take children with disabilities away on life altering trips. Until 2016 John was manager of Shopmobility which is based in Queensgate. Shopmobility helps 100s of shoppers with mobility problems get around the city every week.

John has also been an essential link between the Disability Forum and Peterborough City Council helping the Forum on many of its projects. John and Judy take over from Cllr David Sanders, who John readily agrees is a difficult act to follow. "David has had a brilliant year and we have big boots to fill, but we are looking forward to the year ahead, meeting lots of people and raising funds for our three chosen charities."

If you want to book the Mayor for your event:

michelle.sams@peterborough.gov.uk

Beckets cafe access hugely disappointing say disabled visitors



Back in December the Disability Forum was asked to advise the Cathedral on accessibility at the proposed Becket Chapel café situated in Cathedral Precincts. More than a dozen members of the Forum met with Daniel Mason and Stuart Orme from the Cathedral and made recommendations to make the café easier for disabled people to access.

Sadly, Daniel was made redundant and nothing more was heard from the Cathedral about the suggestions made. The Café opened recently and guess what? Access is still pretty dire and none of the recommendations adopted. When members of the Forum carried out a "mystery shop" there wasn't even 2nd exit provision for wheelchair users in the event of a fire.

Barry Plumb, Disability Forum co-chair said "what was the point asking us to make recommendations if they totally ignore our perfectly sensible and reasonable suggestions? A box ticked as far as the Cathedral is concerned I suppose but I won't be going back, very sad!"

Seated exercise classes go down a storm



Meet some of the participants taking part in the very first Inspire Peterborough seated exercise class which launched recently at the John Mansfield Centre in Dogsthorpe. Sessions are on Tuesdays at 10am and Thursday at 9.30. Everyone welcome. These classes are inclusive and part of a new tranche of Inspire

Peterborough led activities which are being established throughout the city: These sessions are led by the wonderful Sonia Cullington from Wow Fitness: soniacullington@wowfitness.co.uk

Supporting Disabled Ex Forces and the Disability Forum backing The Big Brew Up 2017.

Want to show your support for our forces veterans? Why not come and support our Armed Forces, past and present, at the Thistle Drive Community Cafe in Stanground as part of the SSAFA Big Brew Up on Saturday 17th June at 12.30pm



The event is to raise awareness of the help available to both serving and veterans of the armed forces, raising much needed funds for SSAFA while enjoying tea/coffee, cake and a chat! All proceeds go to SAFFAs campaign to help people like Louis below.

Louis was medically discharged from the Army after he was seriously injured in Afghanistan. With SSAFA's help, he is now retraining as an electrician. SSAFA supports veterans of all ages: Contact Lindsay for more information: thistledrivecentre@gmail.com



Full address of venue including postcode The Thistle Drive Centre Wessex Close Stanground: PE4 AZ

Bag packing bonanza in Bretton



Proof that there are some truly community minded people in Peterborough! Pictured are some of the fantastic volunteer bag packers from BGL, Peterborough Phantoms and Sainsbury's in Bretton. Volunteers! Where would we be without them!! All money raised from the bag packing

weekend goes towards providing inclusive and accessible sports activities: nikki@inspirepeterborough.com

Being sporty saves a boy's life



A 14-year-old boy who thought he had a headache was actually having a severe stroke. Alex Doran collapsed at home while getting dressed for school. He felt a sharp pain his head, his eyes were rolling and he began vomiting. Baffled hospital doctors first diagnosed him with a migraine but an MRI scan showed he had a narrow artery in his neck which caused a stroke. They believe club swimmer Alex only survived because he was physically fit.

Mum Sarah said 'I always associated it with the elderly. Even the hospital didn't suspect a stroke. His main symptoms were a pain in his head and eyes rolling. He was also vomiting. There is a history of migraines in my family and doctors thought that was what he had.' 'We may never know why he developed a blood clot. The doctors say the fact he was so sporty is probably what saved him.'

Dementia Walks in Central Park

Following the last successful "Dementia" walk in Central Park others have now been arranged on the following dates,

Thursday 15th June-Thursday 20th July-Thursday 17th August

All walks start at 11.00am from the Buttercross Tea Room. Contact Pam Blades on 689648 or John Peach on 340184.

Disability Rights UK Survey-Can you help?



Disability Rights UK are conducting a piece of research with the University of Birmingham.

They are conducting a study into how they produce knowledge and information about physical activity aimed at disabled people and are looking for individuals to participate

in our research. DRUK are aiming for at least 200 people to participate in this study.

Below is from Kirsty at DRUK, if you want to help, please contact her on: kirsty.mulvey@disabilityrightsuk.org

"I am contacting you today to ask you if you would be able to help our Get Yourself Active project partner, Disability Rights UK, promote a piece of research that they are undertaking in conjunction with the University of Birmingham. They are conducting a study into how knowledge and information is produced about physical activity aimed at disabled people and they are looking for individuals to participate in our research. In return you/they will receive a £15 Amazon voucher."



Unless you have a disability or long term health condition or you have a loved one that has, the chances are you may never have heard of or used the services of Disability Peterborough. But did you know that one in five of us have a physical, sensory, learning or mental health condition, which equates to c35000 Peterbororians, and that figure is rising. In 2017 Disability Peterborough celebrates 30 years of supporting local people with physical disabilities and sensory impairments. Until recently the charity specialised in benefits assistance, case work advice and disability information and although the focus is still on that work, Disability Peterborough also manages:

Inspire Peterborough which promotes sport and leisure activities, as well as Health and Well-being initiatives and support for disabled people and their families and carers. Inspire supports all disabled people to have better life outcomes through participating in sport, leisure activities and volunteering. For more details: nikki@inspirepeterborough.com

Peterborough Disability Forum works with the Council, NHS, Voluntary organisations and businesses to improve the lives of disabled people in the city. Issues such as access, transport and the built environment are always key agenda items at Forum meetings. The Forum also produces a monthly newsletter called NewsLink. If you would like to receive a copy or you want to get involved in the Forum and make a difference to the lives of local disabled people Contact: bryan@inspirepeterborough.com

The Inspiring Peterborough Radio Show specialises in news, views, information from the community and disability issues in particular. In two years of broadcasting IPRS has had over 200 guests, from MPs and Council Leaders to Olympians and Carers, but most importantly we have promoted the work of many of the local voluntary and charity groups who support disabled people. If you want to come on the show contact radio@inspirepeterborough.com

Shopmobility service provides manual/electric wheelchairs and mobility scooters to people with limited mobility, enabling them to access the city centre and shop independently. Peterborough Shopmobility is situated in the heart of the City on the 11th Floor of the Queensgate car park. Contact Chrissie on 01733 313133 or chrissie-dialpeterborough@btconnect.com

Supporting Disabled Ex Forces does what it says on the tin, SDEF helps our ex forces veterans who have a physical or mental health condition. SDEF is a partner of the Armed Forces Partnership Board. Contact bryan@inspirepeterborough.com for more details

Disability Peterborough, John Mansfield Centre, Western Avenue, Peterborough PE1 4HX. 01733 265551 or dialpeterborough@btconnect.com

Supported Internships at Peterborough Regional College

Peterborough Regional College have set up a Supported Internship programme to help young people with additional needs get into work. This programme gives 16-24 year olds with an Education, Health and Care Plan (EHCP) the opportunity to complete long-term work experience whilst accessing any relevant courses at college. A job coach supports the student and employer throughout the placement.

In its first year the college has made successful partnerships with businesses around Peterborough. Students are enjoying their internships at Thorpe Hall, Westcombe Engineering, Co-op, Waitrose, The Marriott and Vivacity. All of the employers have been extremely supportive and have helped each student to become valued employees and realise their full potential in the workplace. They have all noted a positive change in students, both in terms of the skills they have acquired throughout the year and the confidence they have gained.

The college are always looking for new partnerships with local businesses. There are many benefits to hosting a Supported Internship, including access to specialist job-matching services, Disability Awareness training, improving image and external reputation, and many others.

If you would like to get involved in this fantastic opportunity or would like more information, please contact Beth and McKenzie at:

supported.internships@peterborough.ac.uk



Callum enjoys working outside at Thorpe Hall



Rebecca shelving books at Hampton Library

You can also follow them on Twitter @PRCInterns to see what they are up to!

And finally.....Some useful numbers

Age UK 01733 564185

Benefits (housing and council tax) 01733 452241

Care and Repair 01733 863895

CareZone 01733 575083

Carers Trust Peterborough 01733 645234

City Care Clinic 01733 293800

Child Benefit 0845 302 1444

Department of Work and Pensions (new claims) 0800 055 6688

Disability Peterborough (DIAL) 01733 265551

Fire and Rescue Service 0800 917 9994

Housing Options 01733 864064

Inland Revenue – Tax Credits 0845 300 3900

Inspire Peterborough 01733 330815

Peterborough Association for the Blind 01733 344 844

Peterborough Community Assistance Scheme 0844 4994120

Peterborough Direct 01733 747474

Peterborough City Hospital 01733 678000

Peterborough Pensioners Association 01733 270528

Peterborough Police 101

Samaritans 08457 909090

Shopmobility 01733 313133

St Georges Hydrotherapy Pool 01733 453583

YMCA GYM 01733 313 085

**You can contact the Inspiring Peterborough Radio Show at PCR,
Herlington Centre. Peterborough, PE2 5PN.
radio@inspirepeterborough.com**